

Mindful Moments



Mindful Eyes- <https://www.youtube.com/watch?v=evU81WkWZrU>

Bear Breath (1:00)-

<https://www.youtube.com/watch?v=PyAEJoAMtz8&list=PLILNYFQjcXDI9229mHQ3Y6EOt4zGnAXdS&index=2>

Count to Five (1:09)-

<https://www.youtube.com/watch?v=x9G30Kt7joc&list=PLILNYFQjcXDI9229mHQ3Y6EOt4zGnAXdS&index=3>

Candle Breath (1:06)-

<https://www.youtube.com/watch?v=0Dg6DpXyICy&list=PLILNYFQjcXDI9229mHQ3Y6EOt4zGnAXdS&index=4>

Flower Breath (1:04)-

<https://www.youtube.com/watch?v=eYfkMf91Wjs&list=PLILNYFQjcXDI9229mHQ3Y6EOt4zGnAXdS&index=5>

Hot Chocolate (1:06)-

<https://www.youtube.com/watch?v=yIB9Bc1Vt1s&list=PLILNYFQjcXDI9229mHQ3Y6EOt4zGnAXdS&index=6>

Where Is Your Breath? (1:02)-

<https://www.youtube.com/watch?v=MVHHi0vTCS4&list=PLILNYFQjcXDI9229mHQ3Y6EOt4zGnAXdS&index=7>

Rainstorm (1:15)-

<https://www.youtube.com/watch?v=1vceiowlj9U&list=PLILNYFQjcXDI9229mHQ3Y6EOt4zGnAXdS&index=8>

Listen to the Bell (1:11)-

<https://www.youtube.com/watch?v=5Ej0SoquEeU&list=PLILNYFQjcXDI9229mHQ3Y6EOt4zGnAXdS&index=9>

Snake Breath (1:00)-

<https://www.youtube.com/watch?v=yhnRE9cwWkA&list=PLILNYFQjcXDI9229mHQ3Y6EOt4zGnAXdS&index=10>

Stop & Go (1:09)-

<https://www.youtube.com/watch?v=BSHj2-Ap6Fs&list=PLILNYFQjcXDI9229mHQ3Y6EOt4zGnAXdS&index=11>

Big Yawn (:59)-

<https://www.youtube.com/watch?v=jsm7E7kV2q8&list=PLILNYFQjcXDI9229mHQ3Y6EOt4zGnAXdS&index=12>

Be a Bumble Bee (1:06)-

https://www.youtube.com/watch?v=8909QiMoF_0&list=PLILNYFQjcXDI9229mHQ3Y6EOt4zGnAXdS&index=13

Today I'm Going to Be A... (:56)-

<https://www.youtube.com/watch?v=y0sDTqebzH4&list=PLILNYFQjcXDI9229mHQ3Y6EOt4zGnAXdS&index=14>

Clouds (:58)-

https://www.youtube.com/watch?v=MVH8_hwBCME&list=PLILNYFQjcXDI9229mHQ3Y6EOt4zGnAXdS&index=15

Kindness (1:05)-

<https://www.youtube.com/watch?v=sgBuGllvc4&list=PLILNYFQjcXDI9229mHQ3Y6EOt4zGnAXdS&index=16>

Create Something New (:55)-

<https://www.youtube.com/watch?v=qaJ5JK5-EwI&list=PLILNYFQjcXDI9229mHQ3Y6EOt4zGnAXdS&index=17>

Send Good Thoughts (:59)-

<https://www.youtube.com/watch?v=IEU1-oHFNTk&list=PLILNYFQjcXDI9229mHQ3Y6EOt4zGnAXdS&index=18>

1-2-3 Clap (1:04)-

<https://www.youtube.com/watch?v=dVKi0VkPGBY&list=PLILNYFQjcXDI9229mHQ3Y6EOt4zGnAXdS&index=19>

Bunny Breath (1:06)-

<https://www.youtube.com/watch?v=5aTjBKXADQY&list=PLILNYFQjcXDI9229mHQ3Y6EOt4zGnAXdS&index=20>

Wake Up Your Face (1:04)-

<https://www.youtube.com/watch?v=En7EaWPmJMM&list=PLILNYFQjcXDI9229mHQ3Y6EOt4zGnAXdS&index=21>

Twister (1:06)-

<https://www.youtube.com/watch?v=1SLTPMmbDjg&list=PLILNYFQjcXDI9229mHQ3Y6EOt4zGnAXdS&index=22>

Lion Breath (1:02)-

<https://www.youtube.com/watch?v=E6tCdrjvzcE&list=PLILNYFQjcXDI9229mHQ3Y6EOt4zGnAXdS&index=23>

Hot Soup (:59)-

<https://www.youtube.com/watch?v=8-PoMasagLM&list=PLILNYFQjcXDI9229mHQ3Y6EOt4zGnAXdS&index=24>

Shoulder Squeeze (1:02)-

<https://www.youtube.com/watch?v=hv-szizO3MM&list=PLILNYFQjcXDI9229mHQ3Y6EOt4zGnAXdS&index=25>

Gentle Neck Stretch (1:00)-

<https://www.youtube.com/watch?v=CbG2AcZwrTY&list=PLILNYFQjcXDI9229mHQ3Y6EOt4zGnAXdS&index=26>

Arm Stretch and Wiggle (1:01)-

<https://www.youtube.com/watch?v=dEfB6b-yAzU&list=PLILNYFQjcXDI9229mHQ3Y6EOt4zGnAXdS&index=27>

Get Your Grumpies Out (:57)-

<https://www.youtube.com/watch?v=4ji6z7AWeBM&list=PLILNYFQjcXDI9229mHQ3Y6EOt4zGnAXdS&index=28>

Scrunch & Let Go (1:03)-

<https://www.youtube.com/watch?v=3nBKcryqbAQ&list=PLILNYFQjcXDI9229mHQ3Y6EOt4zGnAXdS&index=29>

Do Nothing Moment (1:08)-

<https://www.youtube.com/watch?v=P48Ty64h-gM&list=PLILNYFQjcXDI9229mHQ3Y6EOt4zGnAXdS&index=30>

Dance for the Sun (2:59)-

<https://www.youtube.com/watch?v=8Gu3eXEuYx4&list=PLILNYFQjcXDI9229mHQ3Y6EOt4zGnAXdS&index=31>

Just Be (4:21)-

<https://www.youtube.com/watch?v=-Gj76Ma8zLU&list=PLILNYFQjcXDI9229mHQ3Y6EOt4zGnAXdS&index=31>

Go Noodle- Find Peace (1:36)- <https://www.youtube.com/watch?v=bYIRFizl4WA>

Go Noodle- Be Kind to Yourself (4:40)-

<https://www.youtube.com/watch?v=CEk9KvPXKEQ&t=12s>

Go Noodle- On & Off (4:30)- <https://www.youtube.com/watch?v=1ZP-TMr984s> Go

Noodle- Bring it Down (3:27)- https://www.youtube.com/watch?v=bRkILioT_NA&t=1s Go

Noodle- Victorious (3:52)- https://www.youtube.com/watch?v=rC0m_-HQcRU

Go Noodle- Rainbow Breath (4:02)-

<https://www.youtube.com/watch?v=O29e4rRMrV4&t=31s>

Go Noodle- Own Your Power (3:33)- <https://www.youtube.com/watch?v=08DReTGmkDg>

Go Noodle- Relieve Anxiety (3:58)- <https://www.youtube.com/watch?v=N2iF7lCevkM>

Go Noodle- Strengthen Your Focus (4:00)-

<https://www.youtube.com/watch?v=0vuaCHEAs-4>

Go Noddle- Melting (3:47)- <https://www.youtube.com/watch?v=fTzXFPh6CPI>

Be the Pond (1:29)- <https://www.youtube.com/watch?v=wf5K3pP2IUQ>